

Fresubin Thickened



All about Fresubin Thickened

This leaflet will answer some of the questions you may have about Fresubin Thickened. If you have any other questions, you should contact your dietitian, speech and language therapist or doctor.

What is Fresubin Thickened?

Fresubin Thickened is a special thickened nutritious supplement for people who are unwell and cannot manage enough normal food or fluids to meet their nutritional requirements.

What does Level 2 and Level 3 mean?

Your swallow will have been checked by a speech and language therapist who will decide what thickness of drink is safe for you. This will be either Level 2* which is similar to a mildly thick consistency or Level 3** which is slightly thicker and is similar to a moderately thick consistency.

What does Fresubin Thickened contain?

Fresubin Thickened is made up of many nutrients that are essential in a healthy, balanced diet. These include protein (milk), vegetable oils (rapeseed oil, sunflower oil), carbohydrates, vitamins, minerals and trace elements. Fresubin Thickened is also gluten and lactose free.

What flavours are available?

Level 2 and Level 3 are both available in two delicious flavours:

- Vanilla
- Wild Strawberry

How much Fresubin Thickened should I take?

Your dietitian or healthcare professional will advise you about the amount you should be taking. As a guide, 2-3 bottles per day will provide 600-900kcal and contains the average adult daily requirement for vitamins, minerals and trace elements.

* IDDSI Level 2

** IDDSI Level 3

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When should I take Fresubin Thickened?

This is really up to you. However, you may be advised to take it in between meals and in the evening so you can manage to eat normal meals as well. Many people like to sip Fresubin Thickened rather than drink it all at once.

How should I take Fresubin Thickened?

Fresubin Thickened Level 2 and Level 3 should be poured into a glass and drunk slowly as advised by your speech and language therapist. It is recommended that it is served at room temperature and shaken gently before use. For further information on how you should take Fresubin Thickened you should speak to your speech and language therapist.

Can Fresubin Thickened be frozen?

Freezing is not recommended as it may change the consistency and make it unsafe for you to swallow.

Can Fresubin Thickened be warmed or boiled?

Heating is **not** recommended as it may change the consistency and make it unsafe for you to swallow.

Can Fresubin Thickened be flavoured?

Adding flavouring or adding to other foods or fluids is **not** recommended as it may change the consistency and make it unsafe for you to swallow.

How should I store Fresubin Thickened?

Unopened bottles can be kept at room temperature, not above 25°C. Opened bottles should be resealed and kept in a fridge and thrown away if not used within 24 hours. It must not be used after the expiry date.



Additional information

Patient name:

Bottles per day:

Level of thickness:

Flavour preferences:

Dietitian:

Speech and Language Therapist:

Contact No:



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EN00653 Date of preparation: June 2021

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